

# **ALIGNED FITNESS**

## **Rates & Offerings**

### **Initial Intake Session (with Lisa Decker)**

\$195 (1.5 hours)

*Session includes initial intake, posture photos, functional testing and gait analysis, as well as a customized corrective exercise sequence with detailed descriptions and videos.*

### **5-Session Posture Alignment Therapy Package (with Lisa Decker)**

\$150 per 50-minute session

### **Single Posture Alignment Session (with Lisa Decker)**

\$175 (50 min session)

### **Foundation Training Sessions (with Lisa Decker)**

\$150 (50 min session)

### **Qigong (with Lisa Decker)**

\$38/month for access to subscription based-platform online classes

\$150 Individual 50-min session

### **Initial Intake Session (with Mark Thibert)**

\$175 (1.5 hours)

### **Postural Alignment Session (with Mark Thibert)**

\$119 (50 min session)